



"If we value our children,  
we must cherish their parents."

- JOHN BOWLBY



**PANDA**

Perinatal Anxiety &  
Depression Australia



## YOUR wellbeing

Pregnancy and early parenthood is both an exciting and challenging time. For some it can feel overwhelming.

It can be hard to know when to reach out for support.

**1 in 5** women  
and  
**1 in 10** men  
will experience anxiety  
and/or depression in the  
perinatal period (pregnancy  
and the year after birth).

If you're struggling, talking openly with your partner, trusted friend or relative, doctor or child health nurse can be helpful.

PANDA can help too. You don't need a diagnosis of anxiety or depression to call our free National Helpline.

Remember: your wellbeing matters too! Everyone benefits when mums and dads are healthy.

**It can be hard to know what emotions are normal and which ones should worry you.**

PANDA's Mental Health Checklist for Expecting and New Parents is a free, anonymous online tool that asks questions about thoughts and feelings and will give an indication of whether your experiences could be a reason to seek help.

Learn more at [panda.com.au](http://panda.com.au)

**PANDA National Helpline**  
**1300 726 306**

Mon – Fri 9am – 7.30pm AEST/AEDT  
[panda.org.au](http://panda.org.au)  
[howisdadgoing.org.au](http://howisdadgoing.org.au)



**PANDA**  
Perinatal Anxiety &  
Depression Australia

**PANDA**  
at  
**WORK**  
Perinatal Anxiety &  
Depression Australia

**HOW IS  
DAD  
GOING?**



PANDA acknowledges the traditional owners of the land where we work and pays respects to elders past, present and future.

We value diversity and are committed to providing a safe, culturally appropriate, and inclusive service for all people, regardless of their ethnicity, faith, disability, sexuality, or gender identity.